



# Healthwatch

by Steven Bailey, N.D.

It seems that every few months we hear of a new disease and/or treatment that will solve all our problems. These panaceas often awake my suspicious and skeptical nature. Frequently my skepticisms are justified, yet there are occasionally those advancements that do change how we look at and treat certain conditions. One of these areas is in the recently formulated understanding of the condition called Poly-systemic Chronic Candidiasis (PCC).

This condition (PCC) became widely publicized with W.G. Crooks "The Yeast Connection" which was released in 1983. Since this book's release, there have been countless articles and publications on PCC including an excellent article in OMNI magazine, March 1985. What these books and articles have said is that through our societal use of antibiotics, steroids and BCP's (birth control pills) we have altered our internal flora (everpresent bacterium and micro-organisms that live in and on our tissues) in a manner that has resulted in a "new" disease of modern times. The overgrowth of a common intestinal yeast, *Candida albicans*, is the cause of PCC, which some researchers claim affects 30 percent of the U.S. population.

There are a number of reasons why PCC has only recently been discovered. Diagnosis is made difficult by the fact that nearly everyone has some *Candida albicans* in their systems (it is only harmful if it predominates in the system or a given region). Since everyone has the organism, you cannot just take a culture and isolate the yeast as we do with other infections. Another difficulty of diagnosis is the broad range of symptoms that are found with PCC. These may include: arthritis-like pain, allergies, headaches and migraines, mental confusion, depression, feelings of unreality, chronic sinus congestion, recurrent vaginal yeast infections, very low energy, skin problems and a wide variety of other symptoms. With such a varied list of symptoms, it is easy to see how doctors might not detect the PCC condition in their patients.

While diagnosis is difficult, there are screenings that can help to identify the condition. Many physicians in the Portland area are now able to help you with this concern.

The cause of the wide variety of symptoms is best

understood when we know how the yeast organism interacts with the body. Normally, our intestinal flora consists of micro-organisms, like acidophils, which can live and reproduce with out irritating the tissues they contact. When we kill off these bacterium with antibiotics or other substances, the tissues become prime targets for yeast to colonize. Unlike friendly flora, the yeast releases waste products that are highly irritating to human tissues. These yeast colonies can inflame the digestive tract so that food intolerances develop as allergies, they can depress the immune system so that other conditions are more likely to develop, and the waste products can create a wide range of systemic symptoms that range from irritability, depression and insomnia to many of the physical symptoms mentioned earlier in this article.

There are a number of things that you can do outside of the doctor's office that can assist in minimizing the PCC condition. Dietary considerations include increased protein (not red meat) and decreased simple sugar (yeast loves sugar, yet many people who have PCC crave sugar because they have such a weakened digestive system). Small meals are preferred. One form of simple sugar that seems particularly bad in PCC patients is the canned grape and apple juices. These juices combine high sugar with a high level of moldy fruit (some of my patients can drink their own fruit juice made with fresh fruit but cannot drink commercial brands.) Yogurt or another source of acidophils will help to replace yeast with friendly organisms (you should use unsweetened yogurt). Garlic and onions are noted for their anti-fungal properties and can be freely added to the diet.

In mild cases of PCC the above recommendations may be sufficient to improve the condition. More severe cases may require an anti-yeast medication like nystatin to kill off the yeast so that the acidophils can take hold. Nystatin is one of the most benign prescription medicines that we have available and seems to have an exclusive preference for yeast while leaving normal bacteria alone. High Vitamin C and beta carotene are recommended as part of the total support program. For further information see "The Yeast Connection" by Crook.

## Letters to the Editor

The American Prison System is by far the most brutal and dehumanizing mechanism of oppression since the abolishment of slavery. America's prisons have been employed not as tools of correction but vicious tenacles of racism; to stifle, cripple, and mangle the dreams, hopes and aspirations of young Black men and women all across the land. When one defines the objectives of incarceration in America, two principles immediately come to mind; rehabilitation for Whites and subjugation for Blacks. At this point it is necessary to remember that prison is a reflection of society. When we take a close look at that reflection, we find a magnification of the ills that exist in society at large.

What do you suppose would happen if all the laws of decency and community were suddenly cast aside; what if the Golden Rule became the Stolen Rule, and men were permitted to let their prejudices and fantasies of superiority run rampant and unchecked. Visualize a world where you had no redress for acts of vandalism, genocide, and racist bigotry, perpetuated in the name of law and order; where men lived their lives subjected to the whim and mercy of degenerates. A one word description of such a world is Prison.

Prison is a world devoid of humanism, a harsh cold planet that defies the growth of human spirit: Where hope is measured in the twisted reality of homosexuality, where promise becomes a crumpled Dear John note, where one's fear knots up inside and ulcerates into the madness of confinement, where men live out their lives in a limbo zone of nothingness, not knowing the promise of the future and shackled to the chains of their past.

While it is important that society's laws are known and respected and the rights of citizens are protected, it is as equally important that the administration of justice in America are not allowed to continue to transform prisons into Frankenstein Factories. Nothing can come out of these factories but monsters, and they are released upon society. Who's to blame—the monsters or Dr. Frankenstein? We must stop the production of twisted, mangled forms disguised in men's bodies.

Oregon State Penitentiary is a human nightmare.

It reeks the foulness of despair, of racism and of death. It defies any reasonable definition, and, for Black inmates, it is nothing more than a plantation that fosters the superiority of Whites. It is the end of the line for many of Oregon's young Black men and women, and it is time that they were at least given an opportunity to end the vicious cycle, which is something that will not happen in the present scheme of things. With all that in mind, Black inmates staged a non-violent protest against the inequality of the prison system. Their actions exhibited the level of frustration their existence has come to, but, more importantly, it displays their willingness to change what they are destined for if things don't change soon.

A list of grievances has been compiled for administration consideration. Among them are a comprehensive Black Studies Program to instill pride and return Brothers to their culture and heritage, a Community Advisory Board to the Parole Board to combat the disparity in prison terms set between Blacks and Whites, a long-term Drug and Alcohol Program within the institution to address the problem of substances abuse among Blacks, and a racial sensitivity class for all employees.

The things Black inmates are requesting are life-saving issues. They affect Blacks in maximum and minimum security confinement. It is the Black community that will suffer if these issues are not addressed. It will be Black children who will emulate our patterns, who will someday be faced with the horrors of prison if these issues are not dealt with properly. There is a cell reserved at the Oregon State Penitentiary and it might have your child's or loved one's name on it. We can not continue on this course—mired in the muck of gradualism, complacency is death for all Blacks—we are bound by the embryonic of color and we have been held hostage because of that factor. Reach out—join hands with us in this struggle—help us save our lives—we need YOU DESPERATELY.

Please address replies or offers of support to Uhuru Sa Sa Central Committee Chairman, George (babe) Gaines, 2605 State St., Salem, Or 97310.

Asmar Seifullah



# Along the Color Line

by Dr. Manning Marable

Dr. Manning Marable is professor of sociology and political science at Purdue University. "Along the Color Line" appears in over 140 newspapers internationally.

## Democrats Win AND Lose

The recent Democratic triumph in this year's Senatorial elections was largely unanticipated, and most political experts quickly predicted a highly combative Congress in 1987-88. Washington Post columnist David Broder suggested that the voters had "sent both parties a warning notice that they are ready for sweeping change . . . the struggle to succeed Reagan (is taking) place." Liberal journalist Hodding Carter termed the Democrats' Senatorial victories an "explicit repudiation of President Reagan . . . the biggest presidential failure since Franklin Roosevelt tried to purge the Senate of opponents to his Supreme Court packing scheme in the off-year elections of 1938."

Superficially, there seemed to be much to celebrate. The Democrats scored a net gain of eight Senate seats. Of the twelve Senate seats captured by Republicans in Reagan's 1980 victory, seven returned to the Democrats. The Democrats also added five new House seats. Although the Republicans captured eight new governorships, the Democrats gained about 150 additional seats in all state legislatures. With 1990 approaching, the control of these state legislatures becomes pivotal in directing the boundaries of Congressional lines. The Republicans currently control both legislative houses in only nine states; the Democrats control both chambers in twenty-eight states.

Some might even call the 1986 mid-term elections "Jimmy Carter's Revenge." Three of Carter's former Cabinet members won election: Neil Goldschmidt as Governor of Oregon; Brock Adams, Carter's former transportation secretary, as Senator from Washington; and Cecil D. Andrus as Governor of Idaho. Wyche Fowler, Jr., a liberal white Democrat who had replaced Andy Young in Congress a decade ago, defeated reactionary incumbent GOP Senator Mack Mattingly of Georgia. Civil rights leader John R. Lewis, who also served in Carter's administration, was easily elected to the Congress from Georgia.

Is "Liberalism" once again triumphant? Has "Reaganism" been purged once and for all from the nation's politics? Guess again.

Look carefully at the narrow electoral margins scored by victorious Democratic Senate candidates. Fowler beat Mattingly in Georgia by only 23,000 votes, out of more than 1.2 million votes cast. In South Dakota, populist, four-term Congressman Tom Daschle defeat-

ed Reaganite Senator James Abdnor by only 10,200 votes. In North Dakota, Democrat state tax commissioner Kent Conrad won by less than 3,000 votes. In Colorado, neoliberal Congressman Tim Wirth defeated his Republican opponent by barely 16,000 votes. With all votes tallied, the Democrats won 23.9 million votes to the GOP's 23.1 million votes in all 34 Senate races. However, if just 81,500 strategic votes had shifted in only eight states—Alabama, Colorado, Georgia, Nevada, North Carolina, North Dakota, South Dakota, and Washington—the Republican Party would have controlled 53 Senate seats to the Democrats' 47 seats, the identical totals for the 99th Congress. By this very slender margin, the Democrats are claiming that they've received a "powerful" mandate.

Control of the Senate is important for at least three reasons: the dominant party directs much of the international and domestic policy agenda, it controls the actual schedule in which legislation is considered, and the Senate Committee chairs create prominent forums for their own pet political projects. Much of the media has focused on the more liberal Democrats who will now chair powerful Senate panels, especially Ted Kennedy at Labor and Human Resources, and probable presidential candidate Joseph Biden at Judiciary. But overall, not much else will actually change. As political scientist Norm Ornstein notes: "You've got a senior group of Democrats who are more conservative than the (other) Democrats in the Senate. Therefore, there will not be a sharp difference from the Republican Senate." Many panel heads are indeed right-of-center, such as Mississippi Senator John C. Stennis, who will chair Appropriations; Georgia's Sam Nunn, at Armed Services; Texas's Lloyd Bentsen at Finance; and Florida Senator Lawton Chiles as Budget chairman. Some of the newly elected Democrats are equally conservative. Senator-elect John B. Breaux of Louisiana and Richard C. Shelby of Alabama had American Security Council ratings of 100 while serving in the House. Florida's Bob Graham favors the death penalty and arms to the Nicaraguan contras. In short, this motley crew represents "Reaganism with a human face."

So the Democrats have won a temporary and perhaps illusory victory. Unless they advance a coherent public policy alternative to Reaganism next year, they will probably lose the 1988 elections.

## Letters to the Editor

### Self Transformation

The general bankruptcy of Amerika's political, economic and social systems was evident long before Mr. Reagan took Office. But most caucasoid Amerikans chose to ignore the signs of decay and evade the necessity to confront the problems Amerika posed for the Eighties. Refusing to come to grips with the Amerikan reality is an act of irresponsibility that Blacks cannot afford. For the Black problem in Amerika is Amerika, and if We fail to face that truth, We will dishonor our past and jeopardize our future. Black leaders must be committed to confronting the Amerikan reality in all its dimensions. Black leaders must seek to contribute in some consistent way to Black People's understanding of themselves and the world around them.

We should read the Autobiography of Malcolm X, look closely at the Brother man, listen closely to him, and understand what his manhood says to Us now and at all times; what it means for us as individuals and organizations committed to the creation of a new, self-determining Black People. When we look and listen, We recognize that, above all else, Malcolm was about transformation and new creation. He became, in his lifetime, the quintessence of a free man. He was the "New Black Man," ahead of his time. And his self-development through hard choices and resolute change pointed the way for all of us. Therefore, if We are serious about the fundamental personal and structural changes which are necessary for Black People to live, then We cannot fail to take Malcolm as our model. In saying that, We are not focusing here on a specific political viewpoint, but on an overriding, powerful, personal and political methodology for change. Malcolm is the prime example of what we must do if we want to prepare ourselves, not only for the struggle for freedom, but for the possibilities inherent in freedom itself.

As a member of an oppressed people, Malcolm's crucial decision was to refuse to accept the limitations imposed on him by the conditions of oppression. Once he had taken that important step, he then found the way to overcome imposed conditions, and to allow his personality to take its true form. Having chosen to free himself from the bonds of Detroit Red, he eventually transformed himself, under the guidance of teachers and fathers, living and dead, to become El-Hajj Malik El-Shabazz.

I'm inclined to believe Brother Malcolm's essential

pathway to self-transformation was through self-criticism and self-education, directed toward his own nature at first and then toward that of all people. It was an extraordinary process, carried out with such thoroughness and painful rigor that every shortcoming and contradiction of the past (his own and Black People's in general) was exposed, every question was dissected to its basic premises, every political reality was starkly and profoundly revealed. Then, whenever such analysis indicated necessary change in his life, he moved to change. The willingness to expose one's life to the merciless glare of truth and to make whatever changes truth demands, so that one's individual life may enter into the larger, gruelling struggle for new hope, new justice, new humanity for the people, to do this qualifies a man—whatever his past—"to speak the truth to the people," to inspire and organize the people for building and struggling towards new Black life. This is the epitome of a truly religious, truly political man. This was Malcolm, and it must be Us.

"When I discovered philosophy, I tried to touch all the landmarks of philosophical development," Malcolm says in his Autobiography. Further along he says, "You will never catch me with a free fifteen minutes in which I'm not studying something I feel might be able to help the Black man." Embodied in these remarks are three other essentials of Malcolm's method: he studied constantly, he read everything he could, and he put everything in the context of the needs of the Black Community. He did not restrict his reading to books and papers of one or another political persuasion. He studied radical and conservative publications. But he always knew why he was reading, who he was reading for. Malcolm the student became, therefore, Malcolm the teacher of his people. He chided Black People, pointing out to us our own follies, fears, and individualistic pursuits. He exposed, for instance, the contradictions between the willingness of many Black People to go to war against formidable odds if ordered to by the man who calls himself our Uncle Sam, and their willingness to fight at lesser odds when the cause was racial justice and Black self-determination. Malcolm de-mythologized political opponents by the same process, revealing the nature of the enemy as not at all superhuman, but only powerful through cowardice and hypocrisy.

Dr. Jamil Cherovee

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